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Nurse abuse rampant in Toronto

INCIDENTS DOUBLE

'Violence ... should not be part of this job'

A nurse is punched in the face by a patient. Another is kicked in the breast. One patient calls a nurse a "Nazi b—h." Another throws urine.

One man fondles his genitals in front of a hospital staffer. Another spits in a nurse's face.

These are all incidents of assault that hospital staff reported in 2014 at University Health Network, according to information obtained through an Access to Information request.

Over the past three years, reports of violence on hospital staff by patients and families of patients have been on the rise — in some cases doubling. In an email, a UHN spokesperson said the increases are likely due to changing violent incident reporting requirements. There are similar increases at other Toronto-area hospitals, statistics show.

The numbers underscore the need for improvements to hospital staff safety measures, something the Ontario Nurses' Association (ONA) has long been calling for to better protect health-care providers.

"Violence isn't part of this job. It shouldn't be part of this job," said Andy Summers, vice president of health and safety with ONA. "Eventually, somebody will get killed."

The number of reported violent incidents doubled in two years, jumping from 166 incidents in 2012 to 331 in 2014, according to data. In 2014, a total of 11 workers who were injured were unable return to work for their shift following the assault.

TORSTAR NEWS SERVICE

Canoeist Mark Oldershaw of Burlington carries the Canadian Flag during Canada Day in Ottawa, Wednesday. Oldershaw has been chosen to carry the flag for Canada at this month's Pan Am Games. Coverage, metroSPORTS. THE CANADIAN PRESS

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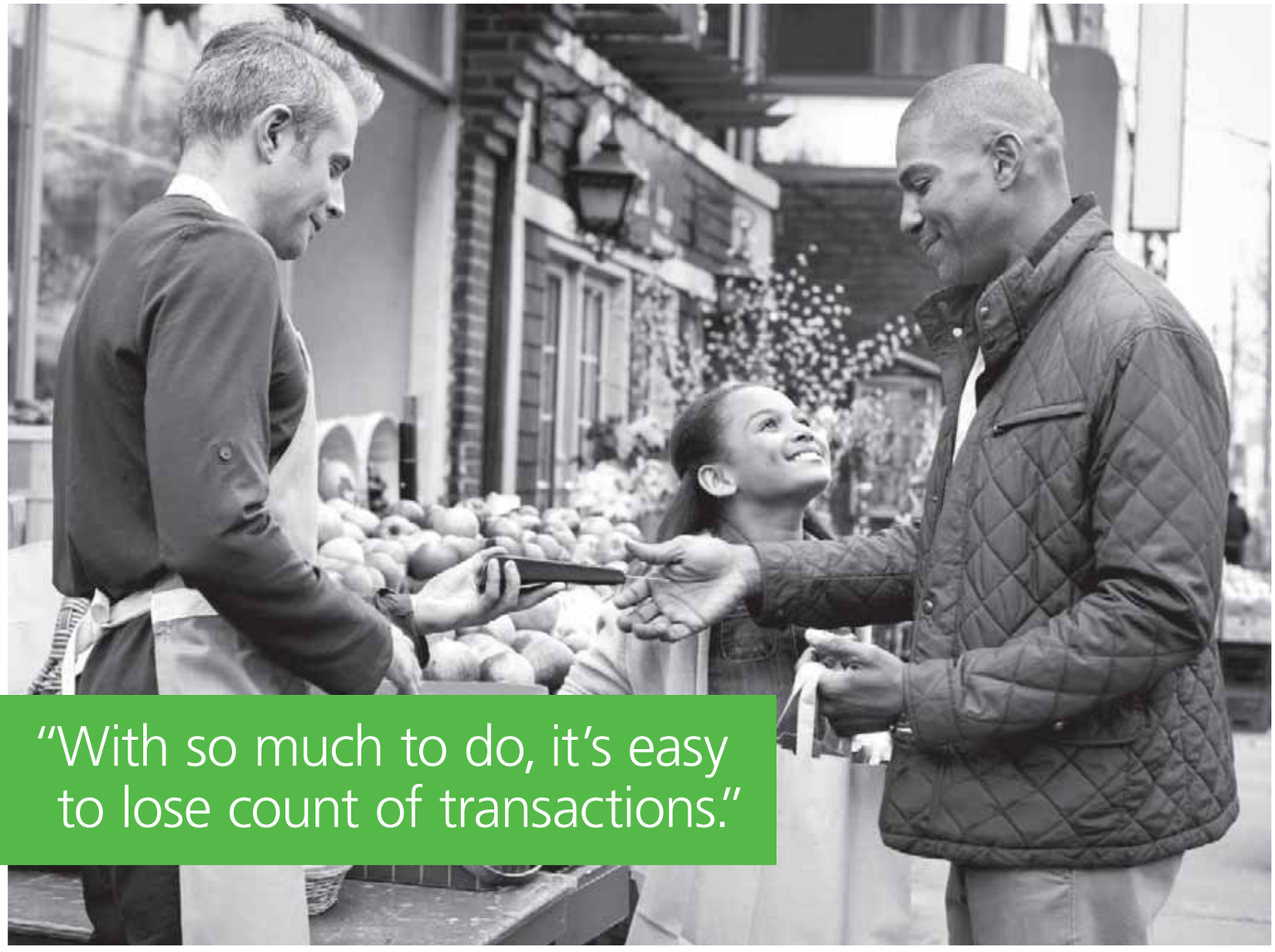

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metro NEWS
Your essential daily news

Graham Greene joins Order of Canada cast. **Canada**

5 THINGS TO BUY AT THE PAN AM GAMES

The games start next week, but fans of the unofficial sport of shopping can flex their money muscles at the Toronto 2015 Superstore, which opened on Canada Day in Nathan Phillips Square. It's a one-stop shop for people — and their pets — to "properly gear up for the games," said Rick Ramsbottom, vice-president of sponsorship sales. Here are five items you might want to pick up before the opening ceremonies. GILBERT NGABO/METRO

Pachis

The official mascot of the Toronto 2015 Pan Am / Parapan Am Games comes in different sizes and shapes, including backpacks.

Roots bags

Several Roots products are available at the store, including small leather pouches that can be used by athletes to store their medals following the games.

Commemorative programs

The official program offers 150 pages of information about the games, from the schedule to countries represented and features about each sport. It includes write-ups about select athletes to watch, as well as historic rivalries.

Themed T-shirts

In various colours and sizes, these tees are covered in pictograms of every sport that will be played during the games. Toronto 2015 stole the idea from the 2012 Olympics, where such tees were reportedly successful. Starting July 9, the store will launch exclusive sports-specific tops.

Pet gear

Pet gear — including bandanas — is available for sale. "People have actually been calling to ask if we'll have pet-themed products," said Ramsbottom.

HOW TO...

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In fact, there are way too many new spots for us to list here.

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More separated bike lanes, like the ones on Richmond and Adelaide streets, are among the things being discussed as part of the city's updated cycling plan. TORSTAR NEWS SERVICE FILE

URBAN TRANSIT

City looks for public input on bike lanes

The City of Toronto wants you to decide which streets should get new bike lanes.

As part of a 10-year plan to grow the cycling network, people are being asked to draw lines on a map and prioritize the corridors most in need of new bicycle infrastructure.

"We're asking the public to identify priorities and identify gaps … and also identify places where they believe some renewal should take place," said Jacquelyn Hayward Gulati, the city's cycling infrastructure manager.

Through an online survey, people are being invited to identify up to 20 streets — 10 downtown and 10 others anywhere in the city — as cycling priorities from a list of suggestions. The suggestions were based on earlier survey data and the city's smartphone app for cycling, which has logged the travel patterns of more than 3,600 individuals over more than 59,000 trips.

If users see gaps that aren't identified on the existing map, they can draw their own suggested cycling lanes. If enough people suggest the same new route, there's a chance it could become reality.

There are also questions about what kind of bike lanes are most desirable: cycle tracks separated by parking, planters, curbstones or flexi-posts, for example.

"We're asking people for some design input as well, because there are different choices that we have to make depending on the amount of space in the corridor and what the trade-offs would be," said Hayward Gulati.

On Yonge and Bloor streets, Danforth and Midland avenues, and Lake Shore Boulevard in Etobicoke, further study may be required before bike lanes can be rolled out, however.

A report due in September will identify the projects to be built over the next two years. The full 10-year plan is due later in 2015. Both will require the approval of city council.

CHRIS BATEMAN/FOR METRO

HAVE YOUR SAY

Take the city's cycling survey at torontocyclingnetwork.metroquest.ca.

Manual track-switchers vital for smooth streetcar traffic

TRANSPORTATION

Electronic switch system breaking down

Jessica Smith Cross
Metro | Toronto

Cosmo Mannella cheerfully waited in a neon-coloured jacket at Bathurst and Fleet streets for the next streetcar to come along.

Normally, he's a TTC driver. But it was his job earlier this week to switch the track with a long metal pole, making sure nearing streetcars got shunted in the right direction.

It's one of the handful of intersections around the city where the TTC requires drivers to manually switch the tracks, despite an electronic switch system that's been in place since the 1980s.

At busy intersections — Bathurst and Fleet, Spadina and Queens Quay and sometimes others — there's a streetcar operator, like Mannella, working as a track switcher. At the intersections that see less traffic, streetcar drivers have to stop, get out and do the job themselves.

Stephen Lam, head of the TTC's streetcar program, said the track switchers are required because the electronic track-switching system is breaking down faster than it can be replaced.

Part of the problem is the surprising difficulty of making new parts.

The company that sells the switching system is no longer supplying parts. The system, called SelTrac, changed suppliers more than a decade ago, and at the same time, the company's headquarters in Don Mills burned in a huge fire, said Lam.

"So they lost a lot of the design drawings and design information," he said. "We've been trying to do all those things ourselves, repair the controllers ourselves, until we are running out of hardware that we can repair."

TTC driver Cosmo Mannella doubles as a streetcar track switcher. JESSICA SMITH CROSS/METRO

Meanwhile, the TTC's streetcar system is expanding, putting more pressure on the dwindling number of available parts.

The TTC is working on hiring a consultant to reconstruct the missing pieces, but Lam doesn't expect new parts to come online for another year.

In the meantime, the poor state of the TTC's signaling system comes with a risk that the track won't be switched correctly. That's why it's policy for the driver to always stop and check the track direction before proceeding.

It's a risky operation that led to two streetcars colliding Saturday on Queen's Quay at Lower Spadina. The track was set wrong, there was no one there to make the manual switch and the driver didn't notice.

"That's why he was taking a curve instead of going straight, and in taking a curve he ran into the car that was coming the other way," Lam said.

The electronic track-switchers are a "convenience tool, not a vital one," because the system can work with manual switching if the operators are always responsible for them, Lam said.

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Salsa party set to take over T.O.

FESTIVALS

Harbourfront, St. Clair will be hot spots for dance lovers

Gilbert Ngabo
Metro | Toronto

Toronto has embraced salsa dancing and its growth in the city will be reflected in this year's Salsa in Toronto festival celebrating Latin music and culture.

Hundreds of salsa revellers are expected to take over Harbourfront starting Thursday in a citywide, week-long series of festivities that include the flagship Mariposa Cruises.

It's a stark difference from what started as a tiny gathering of salsa dancers at Ontario Place, and later moved to the sidewalks of St. Clair West more than 10 years ago, said Sue Vivanco, one of the festival's organizers.

People take part in the Salsa on St. Clair festival in a previous year. The week-long Salsa in Toronto festival will be capped off with the 11th annual St. Clair street party on July 4 and 5. CONTRIBUTED

"It is really fantastic," she said, remembering how she used to perform in the early days of the festival as a child.

The event has seen support from Toronto's mixture of cultures, with people keen to learn other people's lifestyles, she said.

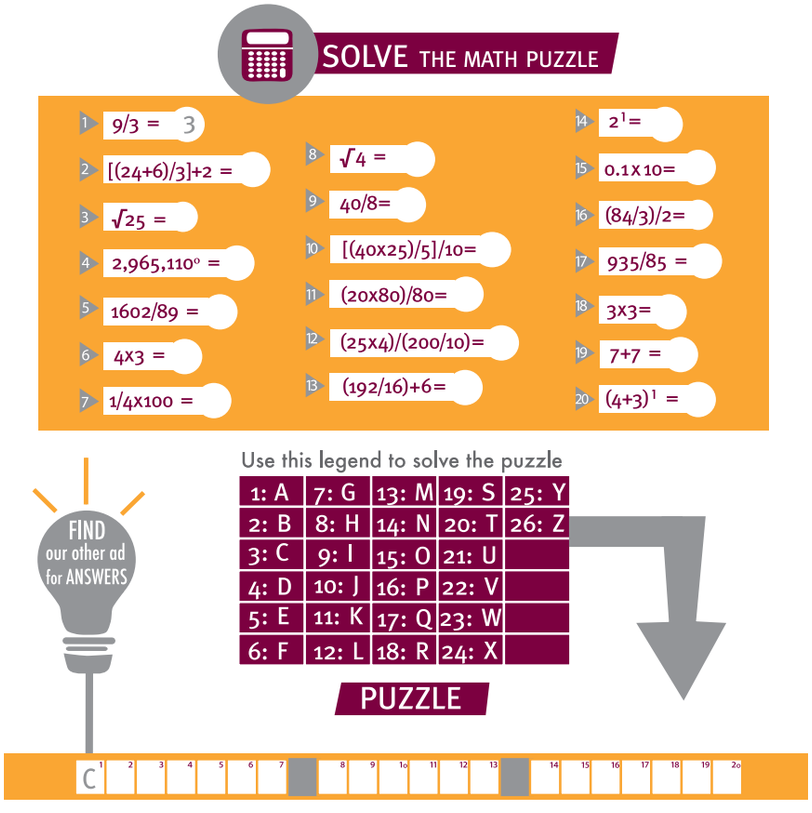
"I think it's a little bit of everybody wanting to come together," said Vivanco, who is now the manager of Mariposa Cruises. "It's no more just people with Latin background, but it's now the entire community."

> **"It's no more just people with Latin background, but it's now the entire community."**
> Sue Vivanco

Up to 500 guests are expected at the kickoff ceremonies, which will feature salsa lessons from the famous Los Salsomanos dancers, Latino street-style cuisine and the touring of the revitalized waterfront.

Throughout the week, many more events will take place around the city, including a series of Latin dance and art exhibitions, Salsa in Toronto Cruise Nights, and sizzling dance parties. It'll all be capped off with the main event, the 11th Annual Salsa on St. Clair street carnival.

"It's all about bringing on the Latin flair and helping people have fun," she said.



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"I would have expected bands, would have expected music, a lot more street food trucks — there's really no selection. And a lot more people dressed in red and white. Along the way I was driving here and I said, 'Where's the red and white?' This is City Hall, you would think City Hall would be the place to be."

- Roline Fogg

Rolline Fogg, her daughter and Iggy Pup the dog at Nathan Phillips Square.

"I've been here since the morning and I'm loving it. We came here for Canada Day. I think they should have more chairs and we have been standing since the morning. But we're having a great time."

- Fola

Clockwise from top left, Mary, Maria and Fola with Newton and Henry at Yonge-Dundas Square.

"I was actually a little surprised at how little there seemed to be to do in the city. We went online and this seemed to be the best choice. It's a nice little event, though."

- Ian Zinn, fourth from left

The Zinn Family at Queen's Park.

Looking for patriotism in T.O.

CANADA DAY

T-Dot's party enthusiasm weak next to Ottawa's

Liz Beddall
Metro | Toronto

I'm turning 31 this August and am proud to say while I was born and raised in the nation's capital, I've now lived nearly half of my life in Toronto. I love this city so much that when I was forced to move home to Ottawa to complete university sans debt, I loudly and proudly made my way back to Toronto the very day after graduation.

But on Canada Day as I walked through a relatively quiet Union Station and saw far more blue and white (Jays game) than I did red and white, and noticed online that the concert lineup at Q107's Canada Day concert at Woodbine Park was virtually a tribute to American musicianship, I felt a pang of homesickness that I rarely do for my birthplace.

Ottawa's Canada Day borders on frighteningly Canadian — like a Beavertails kiosk that's exploded all over a city. Every corner of downtown becomes a mosh pit of fully costumed, flag-waving, Oh-Canada-belting craziness. High fives between questionably intoxicated strangers are constant, and music from some of Canada's best live acts can be heard reverberating into the night from Parliament Hill.

On Canada Day in Toronto, I find the city falls into a dissociated, holiday hush. Families take the opportunity to get out of town, local millennials seem to shrug it off as any other holiday and the scattered events on offer are by comparison, unthematic. Rock climbing, midway rides and booze cruises are on offer, but there is an apparent shyness when it comes to proclaiming big, mooshy love for our homeland.

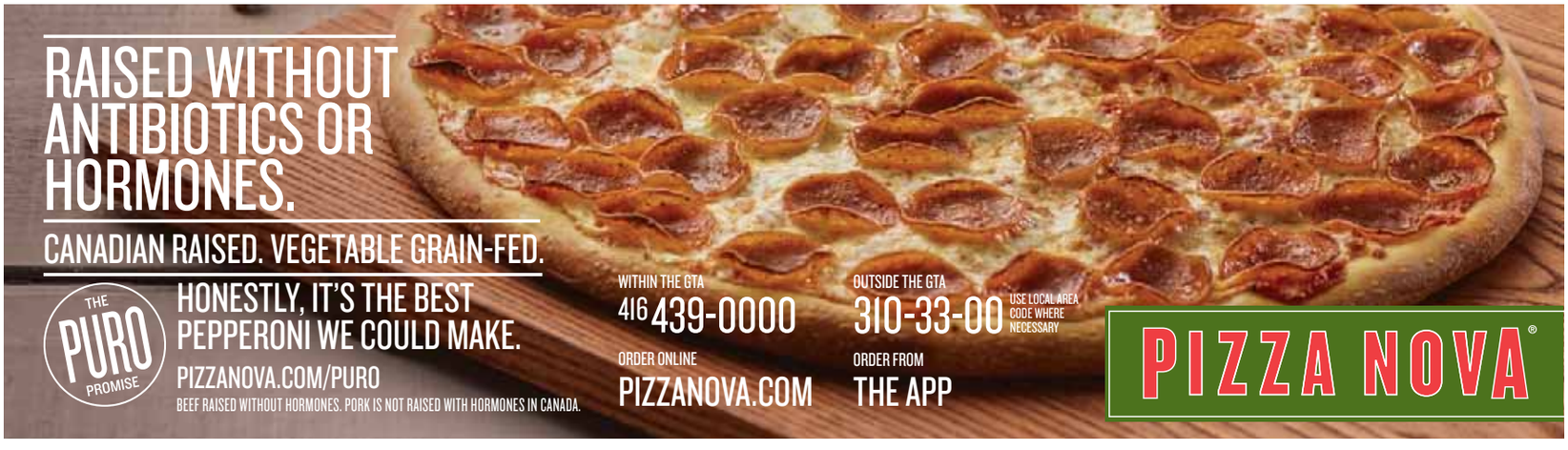
Paying a visit to some of Toronto's hot spots did little to pour maple syrup over my melancholia. At mid-afternoon, Nathan Phillips Square was in distracted setup mode for the Pan Am Games while Yonge-Dundas Square and Queen's Park were both alive with a mishmash of activities, but the lack of fervent and deliberate patriotism was marked and curious.

Sure, Ottawa is the capital of Canada, but being the most populous city in the country and a capital in its own right, does Toronto's perceived lack of Canadian connection speak to my beloved Hogtown as a whole?

As I made my way back from my travels, I overheard a young woman running into a friend who had moved to Toronto years before. It was her first time celebrating Canada Day in Toronto, along with a group of friends from out of town.

As they parted, she said to her pal, "I hope we can find the fireworks."

I hope I can do the same.



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Home to a painful past

FAMILY TRAGEDY

Toronto house vacant 27 years is filled with sad memories

There is one house that stands out like a blackened tooth on Blackthorn Avenue near Caledonia Road and St. Clair Avenue West. The semi-detached home is vacant, and has been for as long as anyone can remember — 27 years, according to the local councillor. Squatters and wild animals have periodically made it their home, and police consider it a threat to community safety.

The house has become notorious, but what's less well-known is the family tragedy concealed behind its boarded-up façade.

Longtime residents remember it was once occupied by Grace and George Hall, a quiet couple with two children who never caused any trouble.

Around 1988, George died, and sometime after that Grace left, some say in an ambulance. Residents didn't remember seeing her at the house again. No one even came back to clear out her belongings. Photos taken by the police last month show dishes still piled in the ruined kitchen and the chaos of books and photos strewn from open drawers.

The boarded-up house located at 121 Blackthorn Ave. has been sitting vacant for 27 years.
BEN SPURR/TORSTAR NEWS SERVICE

> **I just avoided coping with that house. Otherwise I would have been broken by it.**
> George Hall Jr.

Maria Ali lives across the street from the house and every day she's confronted by the blighted building when she walks out her front door. Like many other residents, she thinks something should be done to fix the place up. "It's not a nice feeling," she said. "I don't think it's fair."

The problem would be easier to solve if the house's owner had fully abandoned it. In all the years that it's been vacant, George Hall Jr. — Grace and George Sr.'s son — has dutifully paid the property taxes, including municipal fines levied against him for allowing his childhood home to deteriorate. As long as he settles the bills, the city has few options.

In an interview from his home in Whitby, Ont., Hall, who is now 80, said he has spent decades hanging on to his parents' empty home, and said he can't bear returning to the house.

"The only way I could keep my mind clear was I just avoided coping with that house. Otherwise I would have been broken by it," he said. "I couldn't do it because I did love my parents very much." Hall said he'd love to be rid of the home, and he's seeking help from family members to sell it. But he's clearly still not at peace with what happened on Blackthorn.

"It's a human tragedy," he said. TORSTAR NEWS SERVICE

The black Mercedes driven by a man who died from his wounds during his arrest.
BEN SPURR/TORSTAR NEWS SERVICE

CAR CRASH

Man dies of injuries mid-arrest

A man has died after being arrested by Toronto Police early Canada Day morning, said the Special Investigations Unit.

Around 1:45 a.m., residents were jolted awake by a car crash in the backyard of a house on Earnscliffe Road, near Dufferin Street and St. Clair Avenue.

Georgia Luyt was sleeping in a house two doors away when she heard the crash. She called 911 and several police officers arrived moments later.

"There was an interaction between officers and the man, and the man was handcuffed … The man went into medical distress" and was taken to Sunnybrook Health Sciences where he was pronounced dead, the SIU said in a statement. TORSTAR NEWS SERVICE

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City, arts group face off

SLUGLINE

Toronto Media Arts Centre files lawsuit over failed deal

Jessica Smith Cross
Metro | Toronto

City lawyers say an arts group that has filed a lawsuit over a failed development deal only has itself to blame.

The Toronto Media Arts Centre (TMAC) is plagued with infighting, saddled with debt and incapable of coming up with a business plan that would make the space in question a success, the city says in a statement of defence made public this week.

The arts centre took the city and developer Urbancorp to court in May, saying it was pushed out of an agreement to operate an arts space at a new development in the Queen West Triangle.

TMAC, a charity made up of small arts and media groups, said it had been working on the deal for years and was replaced with a different non-profit when the development was complete.

The building at 36 Lisgar St. has sparked legal action between an arts group, the city and a developer. LIZ BEDDALL/METRO

As part of its defence, the city alleges TMAC had planned to open a craft brewery in the space as part of its business plan, which would have been a violation of the legal agreement in place.

That, and many of the city's other claims, aren't true, said TMAC president Henry Faber.

"This brewery thing is really strange to me," he said.

> **This brewery thing is really strange to me.**
> Henry Faber, TMAC president

The original plan for the space included a small commercial area that was always meant to be a licensed café. TMAC had proposed selling beer there, not running a brewery, Faber said.

Faber said the city's most worrisome allegation is about the state of TMAC's finances. The statement of defence says the group had projected an "annual shortfall of at least $800,000 each year."

Again, not true, Faber said.

That figure came from a "worst-case" scenario the city had asked TMAC to put together.

Faber doesn't expect the shortfall will actually happen.

None of these claims made by the city or TMAC have been proven in court.

Keith White had been missing since June 13. FACEBOOK

BODY FOUND

Man fell off boat

Police say the body of a man who ended up in Lake Ontario during a party on a boat has been recovered from Humber Bay.

A search for 34-year-old Keith White has been underway since he fell off the back of Mariposa Cruises' ship Northern Spirit on the evening of June 13.

The London, Ont., man's body was found on Wednesday.

The ship was carrying more than 400 people, including White's girlfriend, when he is believed to have fallen overboard. THE CANADIAN PRESS

Rains wash piping plovers away

WILDLIFE

Endangered birds' nest on Toronto beach gets flooded

It took more than 80 years for piping plovers to resettle in Toronto, but only one rain-soaked night to flood their nest.

Birdwatchers and nature lovers were aflutter with news that two of the endangered species had nested and laid eggs on Hanlan's Point Beach at the end of May. The last time piping plovers were seen making their home in Toronto was in 1934.

Authorities fenced off the part of the beach where the shorebirds had made their nest — a small depression in the sand decorated with shell fragments and pebbles.

On the morning of June 23, after an overnight thunderstorm, volunteers found the nest underwater, said Karen McDonald, a project manager at the Toronto and Region Conservation Authority.

The piping plover is an endangered bird that had not been seen in Toronto for more than 80 years.
DAVID COOPER/TORSTAR NEWS SERVICE

"I was devastated," she said. "We were so close. We were about a week away from hatching. So many people had banded together with a collective effort to try and protect these birds. (It was) a momentous occasion after an 81-year absence — only for weather to stymie all of our efforts."

Some are hoping the birds will rebuild their nest, but the chances of that are "slim to none" because of the lousy weather, McDonald said. The nest was abandoned after being submerged in floodwaters for at least several hours, and without the necessary oxygen, the developing embryos in the eggs couldn't survive.

The plovers, which resemble small gulls, haven't been seen in Toronto since last Wednesday.

> **(It was) a momentous occasion after an 81-year absence — only for weather to stymie all of our efforts.** Karen McDonald

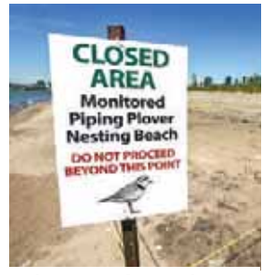
Bob Kortright, a birdwatcher and the former president of the Toronto Field Naturalists, said piping plovers tend to go back to where they were born to raise a family.

"If it had been successful, I think it would have been the first of many nestings in that area," he said.

The piping plover has been designated endangered or at risk of extinction since 1985. Only about 8,000 are thought to remain in the wild in North America. They were absent from the Great Lakes beaches until 2007, when some were sighted at Wasaga and Sauble beaches.

"I don't think anyone really thought piping plovers would return to Toronto. For that to happen, it was just incredible," McDonald said.

It's not all bad news, however, she said.

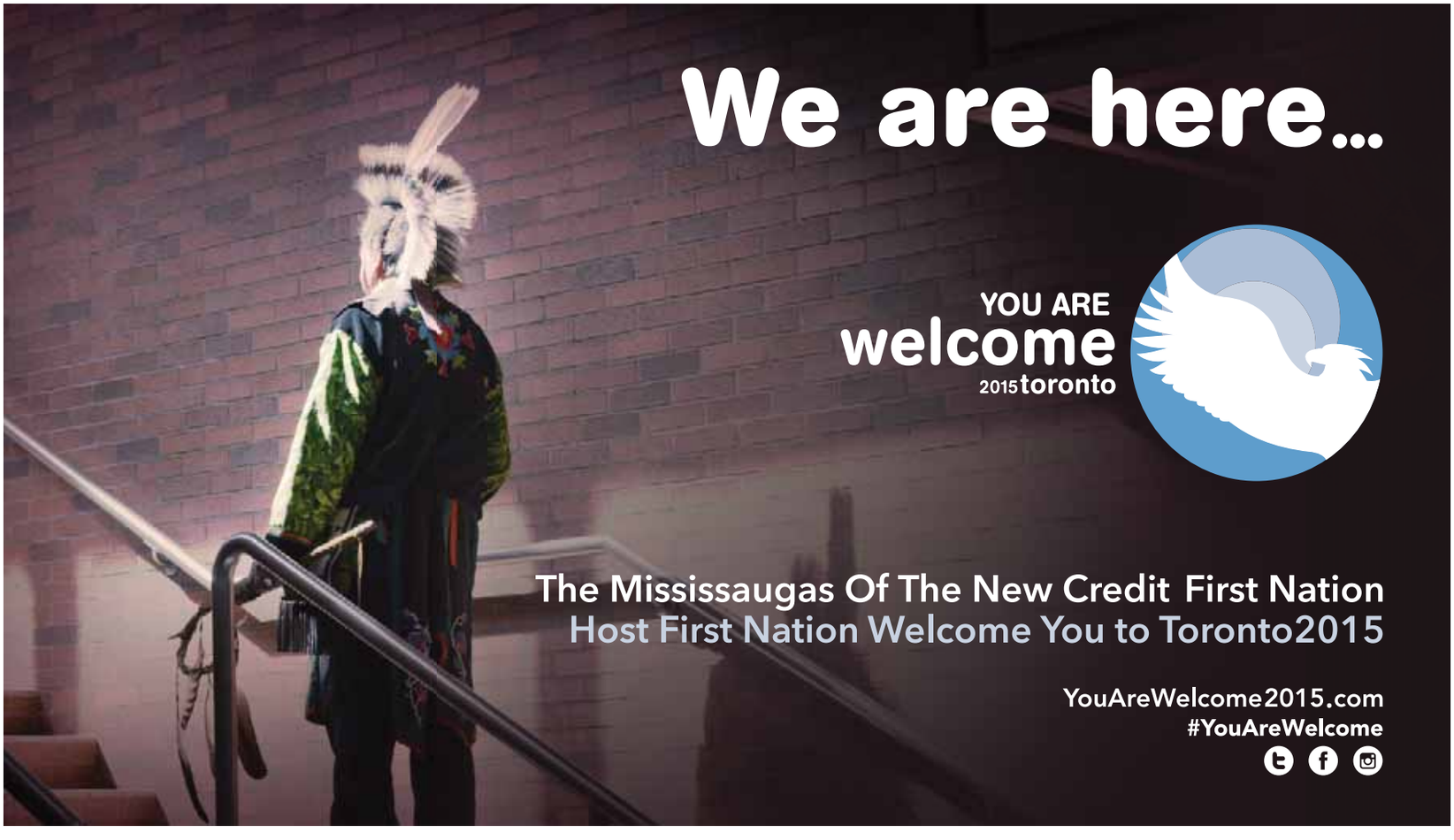


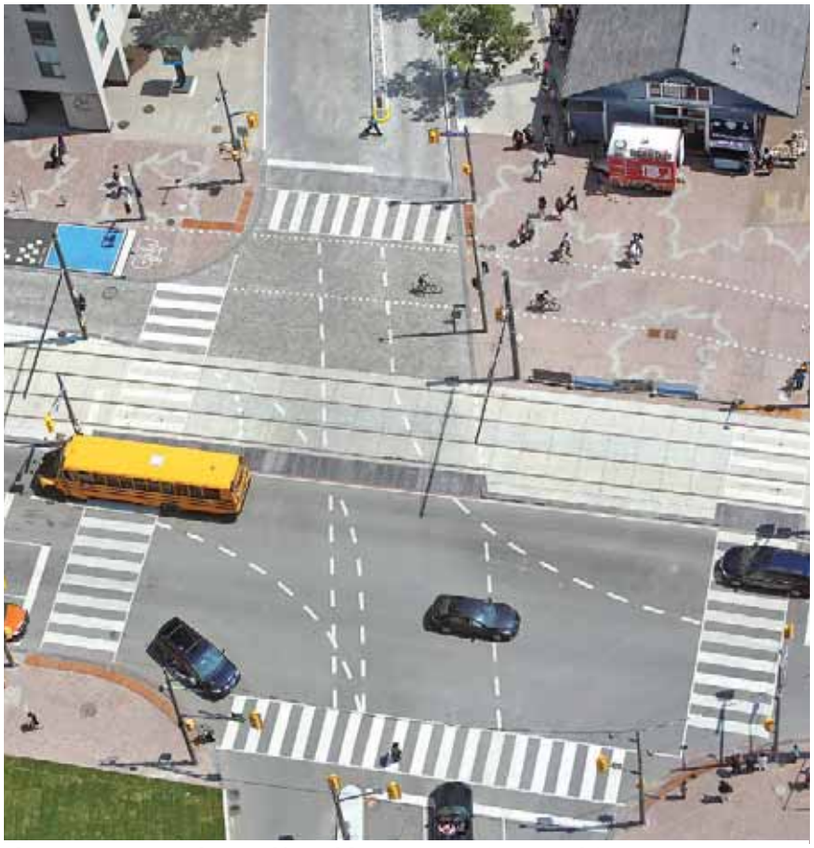
A sign on Hanlan's Point.
DAVID COOPER/TORSTAR NEWS SERVICE

The fact that the birds set up camp on the Toronto Islands suggests that conservation efforts in Canada and the U.S. are having some success. It also shows that some urban areas are still hospitable enough for endangered species.

"Fingers crossed that they will return next year," McDonald said.

TORSTAR NEWS SERVICE





The many, many street lane markings of the new Queens Quay at York Street. TORSTAR NEWS SERVICE

Queens Quay to see more changes

TRANSPORTATION

More signage and markings intended to curb collisions

Chris Bateman
For Metro | Toronto

The city, Waterfront Toronto and the TTC are making a raft of changes to the newly revitalized Queens Quay in an effort to make the street easier to understand for motorists.

The new road layout, which provides separate lanes for cars, transit vehicles, cyclists and pedestrians, has proven popular but confusing for some users.

"Some drivers don't seem to be able to follow the signage and the cues that are there for them to use the street safely," said Andrew Hilton, a spokesman for Waterfront Toronto.

But the new Queens Quay isn't quite complete, and additional signage and markings are to be anticipated that could, potentially, improve clarity.

Among the changes that will be rolled out in the next few weeks: "Do not enter" signs at every intersection on the streetcar right of way, clearer markings for left turn and transit signals and 20 km/h speed limit signs on the cycle track.

Bright "starburst" signs indicating new signal configurations have already been installed. Hilton said the city will also be asking police to spend more time enforcing the rules.

The new Queens Quay reopened to the public earlier this month after years of construction.

The streetcar lanes were shifted from the centre of the street to the south side and the walking and cycling infrastructure was beefed up.

But just two weeks after the street reopened there have been several accidents.

"You can't predict exactly how people are going to use the street," Hilton said. "You have a very good idea, but you can't predict exactly.

"You see how the street is used and you respond accordingly."

> **"Some drivers don't seem to be able to follow the signage and the cues that are there for them to use the street safely.**
> Andrew Hilton

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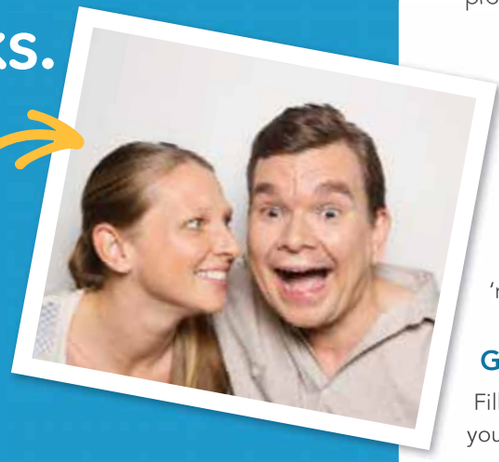

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SASKATCHEWAN

Wildfires' smoke stifling the flames

The number of people forced from their homes by Saskatchewan wildfire smoke continues to climb, but a provincial official says the smoke is now so thick that it's actually helping control the fires.

Steve Roberts with Saskatchewan's environment ministry says the layer of smoke that covers the northern part of the province has blocked out direct sunlight.

Roberts says that's lowered temperatures and boosted humidity, which means the fires are less volatile.

Officials say they don't have an estimate of the total number of evacuees, but say they're currently housing over 4,000 people in hotels and other evacuation centres in North Battleford, Prince Albert, Saskatoon and Regina.

There were 110 active fires in Saskatchewan on Wednesday. Only about 10 were contained.

The smoke hampered the operations of firefighting aircraft on Tuesday. Roberts says air tankers are on standby if smoke clears and visibility is safe.

"As much as it's not good for people, because the cloud layer is filled with smoke and is so thick, our temperatures are roughly 10 degrees cooler and our humidity is 10 to 15 per cent higher. That combination means the fire activity drops significantly," Roberts explained.

Roberts said conditions in Saskatchewan are so susceptible to fires due to an unusually dry winter followed by an early spring. He said evacuations could continue for days to come.

Close to 600 firefighters, 40 helicopters and 19 planes are involved in fighting the fires. Other provinces have contributed firefighters and equipment, and Roberts said a crew from South Dakota was on its way to Saskatchewan on Wednesday.

THE CANADIAN PRESS

> **"It's helped us secure, especially, those fires that are close to communities."**
>
> Steve Roberts, spokesman, Saskatchewan environment ministry

Rideau Hall adds 100 to Order of Canada

NATIONAL HONOUR

Many familiar faces among the honoured this year

The man who helped create the BlackBerry, the female CEOs of two provincial public broadcasters, and a noted First Nations actor are among the Canadians being appointed to the Order of Canada.

Rideau Hall's Canada Day announcement allows those on the list to share the news of the honour, which is usually kept secret until Gov. Gen. David Johnston makes the information public.

This year's notable names include Douglas Fregin, the man who co-founded Research in Motion with Mike Lazaridis.

Fregin designed the first circuit board the company used to run early versions of its wireless technology, and then helped choose the materials that are still found in BlackBerry devices today.

Lazaridis's wife Ophelia is also being invested as a member of the Order of Canada for her philanthropic work around Waterloo, Ont., where BlackBerry is based.

Author Lawrence Hill will be recognized for his telling of the stories of Canada's black community, notably with the critically acclaimed "Book of Negroes," and for his advocacy work on behalf of women and girls in Africa.

Oscar-nominated and Gemini award-winning actor Graham Greene is a familiar face in film, television and theatre in Canada and overseas.

The First Nations actor is being honoured for "achievements as a pioneering and versatile actor," which include a 1991 Academy Award best supporting actor nomination for his role in the film "Dances with Wolves."

Also being honoured are TVOntario CEO Lisa de Wilde for "transformative leadership" at the provincial public broadcaster, and Tele-Quebec counterpart Michele Fortin for her "contributions to the vitality of French-language and educational television."

Bob Rae THE CANADIAN PRESS

Rideau Hall says there will be 100 new appointments to the Order of Canada, with one being a promotion to the highest level - former Ontario premier and Liberal MP Bob Rae is being invested as a companion - while the other is an honorary appointment for Johan Olav Koss, an Olympic speed skating champion from Norway.

Koss, who lives in Toronto, founded Right to Play, an advocacy group for children in sports.

Other notable sports names on the list are Olympic curling champion Russ Howard, former Olympic diver and Pan Am Games medallist Beverley Boys and Fran Rider, who was instrumental in making women's hockey what it is today on the international scene.

THE CANADIAN PRESS

6,000

The number of people from all walks of life who have been invested into the Order of Canada, one of the country's highest civilian honours, over the past 45 years.

THE CANADIAN PRESS

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Reopening of embassies signals new era for Cuba

DIPLOMACY

Embassies in Washington, Havana set to open July 20

U.S. President Barack Obama announced Wednesday that the U.S. and Cuba will reopen their embassies in Havana and Washington, heralding a "new chapter" in relations after a half-century of hostility.

"We don't have to be imprisoned by the past," Obama said from the White House Rose Garden. "Americans and Cubans alike are ready to move forward."

Cuban television broadcast Obama's statement live, underscoring the new spirit. A state television anchor read a letter from Cuban President Raul Castro to Obama in which he wrote that Cuba is "encouraged by the reciprocal intention to develop respectful relations and co-operation between our people and governments."

The embassy agreement marks the biggest tangible step toward normalizing relations since the surprise announcement in December that the U.S. and Cuba were restarting diplomatic ties.

The posts in Washington and Havana are scheduled to open July 20, Cuba's Foreign Ministry said.

The U.S. cut off diplomatic relations with Cuba in 1961 after Fidel Castro's revolution.

For Obama, ending the U.S. freeze with Cuba is central to his foreign policy legacy as he nears the end of his presidency. Obama has long argued that the U.S. economic embargo on the communist island just 145 kilometres (90 miles) south of Florida was ineffective.

Amid the celebratory rhetoric, there were words of caution from both countries.

Anti-Castro activist Osvaldo Hernandez shouts anti-Obama slogans Wednesday in the Little Havana area of Miami.
ALAN DIAZ/THE ASSOCIATED PRESS

A statement from the Cuban government said reopening embassies was just the first step in "a long and complex process toward normalization of bilateral ties."

It demanded an end to the U.S. embargo, the return of the U.S. naval base at Guantanamo and a halt to U.S. radio and TV broadcasts aimed at the island.

Ileana Ros-Lehtinen, a Republican Congresswoman from Florida, said in a statement that opening a U.S. Embassy in Cuba "will do nothing to help the Cuban people and is just another trivial attempt for President Obama to go legacy shopping."

The president on Wednesday reiterated his call for Congress to lift the embargo.

However, he faces stiff resistance from Republicans, as well as some Democrats, who say he is prematurely rewarding a government that engages in serious human rights abuses.

The president also will face strong opposition in Congress to spending any taxpayer dollars for building or refurbishing an embassy in Havana.

Congress would have to approve any administration request to spend money on an embassy. THE ASSOCIATED PRESS

PRISONERS

Escapees did a dry run first

One of two convicted murderers who broke out of a maximum-security prison last month told police that they conducted a practice run the night before their escape, even poking their heads out of a manhole before deciding they were too close to nearby homes, a district attorney said.

Clinton County District Attorney Andrew Wylie said David Sweat, 35, told police from his hospital bed that he masterminded the June 6 breakout from Clinton Correctional Facility.

The escape by Sweat and 49-year-old Richard Matt launched a massive 23-day manhunt. Matt was shot and killed by a border patrol officer June 26. Sweat was wounded Sunday by a state trooper.

Wylie said Sweat claimed he used only a hacksaw blade — not power tools, as officials had reported — to cut holes in the steel walls of his and Richard Matt's adjoining cells as well as a steam pipe they crawled through. THE ASSOCIATED PRESS

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Feds' investment in R&D not paying off

ECONOMY

Memo says Canada behind U.S. on business innovation

Spending billions of public dollars over two decades has done little to reverse Canada's long decline in the key economic category of business innovation, the federal government acknowledges in a newly released document.

The self-assessment, contained in a memorandum to Finance Minister Joe Oliver, underlines how sluggish business innovation remains "of great concern" for Canadian productivity.

"Canada's productivity performance, a key determinant of economic growth, continues to lag significantly behind that of the United States, eroding our relative standard of living," says the October memo, signed by deputy finance minister Paul Rochon.

That push included more than $11 billion spent by the Harper government between 2006 and 2014 on new resources to support research and innovation, the document says.

On top of that, the note said the government also pumped $10.9 billion into science, technology and innovation activities and provided another $3.3 billion in tax relief. In 2014, the memo said $1.6 billion was dedicated over five years.

The memo to Oliver also warned how tougher competition in the knowledge-based global economy could leave Canada behind.

> **Canada's been a "D" performer basically since we started doing this.**
> Daniel Munro, Conference Board of Canada

The note, titled Canadian Business Innovation Landscape, was obtained by The Canadian Press under the Access to Information Act.

The document said Canadian businesses perform well at the international level when it comes to primary research, but they trail their global counterparts in R&D. THE CANADIAN PRESS

NORTH DAKOTA

National holiday calendar highlights eclectic occasions

To most Americans, July 4 is Independence Day. But on Marlo Anderson's calendar, it's also Caesar Salad Day and Barbecued Spareribs Day.

Anderson is the mastermind of the National Day Calendar, an online compendium of pseudo-holidays that has become a resource for TV and radio stations looking to add a little levity to their broadcasts, among others.

The 52-year-old co-owner of a VHS digitizing company in North Dakota started the calendar in 2013 and soon realized the site could also be a way for people to declare their own special days. So last year, he started charging $1,500 to $4,000 for "national day" proclamations.

"People certainly don't need to use us. It's just we really give it a jumpstart," he said.

Marketing experts give Anderson credit for seizing on the desire by companies and groups for another way to promote themselves, though they question the effectiveness of some of the resulting campaigns. It's not the only reason for celebration, but food seems to be a common subject for special days.

Zoovio co-owner Marlo Anderson eats homemade fudge to help commemorate National Fudge Day.
WILL KINCAID/THE ASSOCIATED PRESS

Already, the National Day Calendar says it has given its blessing to more than 30 made-up holidays. A crouton maker paid for National Crouton Day (May 13), a seafood restaurant submitted National Fried Clam Day (July 3) and a craft beer maker came up with National Refreshment Day (fourth Thursday in July).

Anderson's venture, which he says brings in roughly $50,000 a year, underscores the free-for-all nature of such days.

At the National Day Calendar, one-time proclamations for birthdays, anniversaries and other occasions are on sale for $19.99 or $39.99. The price for ongoing inclusion in the calendar is higher.

For $1,500, Anderson provides a framed proclamation. For $2,500, he helps arrange interviews with the media. And for $4,000 and travel expenses, he'll show up to present proclamations at events.

This fall, he's travelling to New York for National Dumpling Day (Sept. 26); the day was submitted by TMI Corp., a distributor of Asian foods. THE ASSOCIATED PRESS

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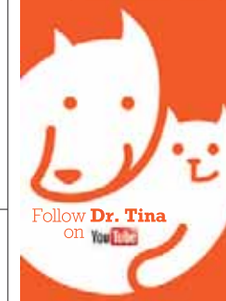
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IN BRIEF

Manhattan apartments hit new high, average $1.8M

The average sales price of a Manhattan apartment has eclipsed $1.8 million — a new high.

The appraisal firm Miller Samuel says in a report for Douglas Elliman Real Estate that its figure — $1.87 million — compares to $1.77 million reached in the first quarter of last year.

The Corcoran Group puts the average Manhattan sales price at $1.81 million.

Corcoran says the median sales price is now $960,000. The Douglas Elliman report puts it at $980,000. The median price measures the middle of the market and is less affected by high-end sales. THE ASSOCIATED PRESS

market minute

DOLLAR TSX closed Canada Day

TSX TSX closed Canada Day

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metro VIEWS
Your essential daily news
Thursday, July 2, 2015

THE BIG THING: RED, WHITE AND ... BLUE?

The federal government has kept quiet about the $7 million it gave to local Canada Day celebrations this year, but based on what we do know, it appears these red-and-white festivities took place disproportionately in ridings of Tory blue. But 'tis the season to study Canadian history — which shows this type of alleged pork-barrel (Canadian bacon-barrel?) politics is nothing new.

SOURCE: THE CANADIAN PRESS

1 **Mystery money** Canadian Heritage funded 1,658 patriotic events between June 21 and July 1. Most projects were small, but only 130 (eight per cent) have been disclosed publicly. Of the 30 ridings where municipalities are known to have received the federal funding, 27 are likely to go or stay Conservative in this fall's election.

2 **Blue gets more green** A Globe and Mail investigation this week revealed ridings that elected Conservative MPs in 2011 received an average of 48 per cent more than opposition-held ridings from the $150-million Community Infrastructure Improvement Fund (a separate pile from the Canada Day money).

3 **The more things change** The feds have long been accused of disproportionate spending in government-held ridings, especially those represented by cabinet ministers. A famous example in the 1990s involved the RCMP after an audit revealed federal employment grants were overwhelmingly given in Liberal ridings, including that of then-prime minister Jean Chrétien.

Consider your lungs this barbecue season

THE SCIENCE

Stephanie Orford

Smoke is often a sign of celebration — fireworks, firing up the barbecue, getting out the marshmallows for a beach bonfire. All great in moderation.

We take smoke for granted; it's just what happens when you cook. Smoky flavours are even trendy.

But household smoke inhalation is a worldwide health issue, whether it's in a one-room house in the outskirts of Shanghai or a grill in a Calgary sunroom.

According to the World Health Organization, smoke inhalation from cooking causes an estimated 3.8 million deaths per year. More than measles, malaria and HIV/AIDS combined. All three of those have elicited worldwide health campaigns. Smoke inhalation? Not so much.

Human lungs are delicate, complex structures. In their thinnest spots, the alveoli, the barrier between your blood and the outside air, can be just one cell thick. Maintaining its health is crucial. And lungs need to be elastic so they can stretch and contract as you breathe.

Inhaling smoke gums up that system. The medical community got serious about smoke's effects during the world wars, when poisonous gases — including phosphene, a component of common cooking smoke — were used as weapons.

Nitrogen dioxide and cyanide, among many other toxins, are also found in household smoke.

When they're inhaled, these noxious gases and particles kill and irritate cells in the inner surfaces of the lungs. When these cells are damaged, the lungs lose capacity to produce the protective mucus that lubricates the lungs so they can stretch, trap particles and protect against infection.

In enclosed cooking spaces, smoke can be 100 times higher than acceptable levels.

Smoke inhalation also impairs the clearance action of cilia, a carpet of microscopic moving hairs on the inner surface of the lungs that would normally sweep the mucus out — and much of the harmful stuff with it.

But toxic smoke can kill lung-lining cells, causing them to slough off and partially block the airway, making breathing more difficult.

Your body's inflammatory reaction to smoke inhalation can cause major damage too. Less than a day after smoke inhalation, a type of swelling called upper-airway edema can set in, constricting the airways and making them less elastic.

But household smoke's most widespread damage happens through lower levels of exposure over a longer time — months or years spent cooking indoors in a poorly ventilated space.

In enclosed cooking spaces that are poorly ventilated, smoke can be 100 times higher than acceptable levels for small particles, the WHO says. Worldwide, charcoal and wood are the most common culprits.

The need for clean, renewable energy sources isn't just about protecting the planet; it's a necessary safeguard for human health that we need to be more aware of.

Stephanie Orford is a Vancouver-based science writer.

ROSEMARY WESTWOOD

metroview

Journalists can learn a trick or two from comedy

You've gotta love Marc Maron.

Or, if you're a journalist, fear him a little bit.

The man interviews U.S. President Barack Obama for an hour, in his garage, for his podcast (called WTF with Marc Maron), and it's maybe the most compelling interview with the president ever recorded.

It's been hailed as a turning point in the legitimacy of podcasting, and made headlines because the president said the N-word, but it's much more than that. It's evidence that comedians make excellent interviewers and political pundits — and they may just be doing journalists' jobs better than we are.

Maron and Obama had a real, honest-to-goodness chat in the style that has made Maron famous. Maron is so extremely transparent and insecure ("How was it? How did I do? What did he think?" he obsesses in a post-mortem podcast) that his subjects have to respond with candour of their own.

Maron brought politics down to the human level, giving us something we've been craving: to see politicians as real people and some evidence they're telling the truth.

"I was so focused, intently focused on having a one-on-one experience with him," Maron reflected.

"All I wanted to do is connect with the guy."

The same could be said for many voters. But how many journalists get past the oily veneer of talking points?

On TV, the best political commentator is John Oliver. Those who've been fretting over the end of John Stewart and Stephen Colbert need not fear — Oliver takes out enough bullsh-t trash for the both of them.

Canadians are still waiting for our Stewart/Colbert/Oliver. (Rick Mercer, known for wonky camera angles meant to liven up his rants, is far too PC.) Sure, we've got comedians trying to take down Harper with their get-out-the-vote effort, Harpoon. But it's so far only speaking to 1,233 Facebook fans.

It's not a zero-sum game. There are talented political reporters and interviewers on both sides of the border. But journalism — the trade most concerned with the truth — can learn a trick or two from comedy, the trade most adept at revealing it.

From Maron, the power of vulnerability. From Stewart/Colbert/Oliver, the tack of insisting that politicians make sense, and if they don't, offering up context to reveal idiocy.

If anything can help the media be less of a megaphone for truthiness, it might be this competition from journo-comics.

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metro LIFE
Your essential daily news
Facebook's Mark Zuckerberg wants to find a formula for how people think

Anatomy of a Summer Hit

Four reasons why OMI's Cheerleader is a smash

RYAN PORTER/LIFE@METRONEWS.CA

It's already a smash by any measure, but is Cheerleader Canada's Song of the Summer? The remixed reggae crowdpleaser by Jamaican artist OMI (pronounced Oh-Mi) has been certified double platinum in Canada and reigned at No. 1 on the Soundscan chart for three weeks in June. From the rooftop of Toronto's Thompson Hotel, where young and beautiful summer sun worshippers trail their toes in the infinity pool, OMI, pictured at left, chatted with Metro about why his breakthrough hit could soon be blaring from every beach-party Bluetooth speaker in the country.

Rule #1: Must not be released in the summer

Famous alumni: The past 15 songs of the summer

Based on the Song of the Summer champs proclaimed by Billboard, which uses U.S. chart data, you have to reach all the way back to June 22, 1999, when Christina Aguilera's Genie In A Bottle dropped, to find a song that was actually released during the summer. Cheerleader was released in the summer ... of 2012. It wasn't until German DJ Felix Jaehn's remix was released May 19, 2014, that the local Jamaican hit stormed Europe.

"In 2012, it made an impact," OMI says. "But this is crazy."

Rule #2: Must be a newly minted superstar

CHRISTINA AGUILERA

Famous alumni: Iggy Azalea, LMFAO

While summer heat lightning struck twice for Katy Perry and Mariah Carey, more often a Song of the Summer has been that artist's breakthrough (or can you actually sing a bunch of Robin Thicke songs?). OMI's own bio is lightly sketched, though he credits his father, who passed away when he was nine, for his love of music.

Rule #3: Must sound island-ish

Famous alumni: Rihanna's Umbrella, Los del Rio's Macarena

Of course the season of beach parties, iced capps and al fresco dining would be filled with the lazy beats and lengthened vowels of the Caribbean — see Magic!'s 2014 reggae-via-Toronto Song of the Summer runner-up Rude. With its bongo-beat and staccato singalong melody oomphed up by Jaehn's house dancebeat, Cheerleader is the kind of hybrid North Americans flip their frisbees for.

NASRI OF MAGIC!

Rule #4: Must be a hot topic of debate

Famous alumni: I Kissed A Girl, Blurred Lines

A Song of the Summer is as much a party-starter on the dance floor as it is an ice-breaker around the barbecue. Billboard, Idolator and the Toronto Star are among the media outlets that have questioned lyrics that brand a woman a "cheerleader" rather than someone with her own ambitions.

For the record, OMI believes men can be cheerleaders, too. "It doesn't have to be the woman supporting the man," he says. "A woman can sing to her man or her love. Whoever is that support system for you."

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INTERVIEW

Critics swoon over Miguel's Wildheart

With the R&B twinkler Kaleidoscope Dream, Miguel earned a gold plaque, a Grammy Award and seemingly unanimous critical regard.

The ambitious Adorn maestro accomplished something else, too: He reintroduced himself to audiences who might have dismissed him.

"I think I kind of had a chip on my shoulder. I had this sense that I had to prove my intentions since All I Want is You," said the 29-year-old Los Angeles singer, referring to his uneven, conventional debut.

"The great thing about my last album is that it did help change the perspective of people and how they looked at me and my artistry and the intention behind my music.

"This time, I feel less concerned with trying to prove that."

That self-certainty spawned the atmospheric Wildheart, which since its release this week has inspired the sort of rhapsodic critical praise that's become routine for the spry songwriter.

Miguel wrote or co-wrote every track on the album and produced much of it.

"I had a pretty clear vision of what I wanted this album to be tonally, what I wanted it to look and feel and taste like," said Miguel, who has been playing the guitar more in studio. He collaborated sparingly on this album and chalks that up to having a clear vision.

"I have a very specific set of tastes," said Miguel. "It makes the focus of who I like to collaborate with very finite and very specific."

THE CANADIAN PRESS

Sad fate of legendary recording studios

NOSTALGIA

Studios in peril with rise of bedroom producers

SOUND CHECK

Alan Cross

Rush fans were sent into a tizzy a few weeks back with word that the band's once-favourite recording studio was up for sale for $18,000. That's not a typo.

Rush made seven albums at Le Studio in Morin Heights, near the Laurentians in Quebec, earning it the nickname of Rush's Abbey Road. David Bowie, Bryan Adams, Keith Richards and the Bee Gees also made the trek to the studio by the lake. But after it was sold by André Perry, its owner/builder, and then sold again, the place fell into severe disrepair. All the gear is gone, the roof is falling in and the only clients these days are squirrels, mice and the odd skunk.

The current ownership has been trying to sell the property since 2009 with zero luck. After falling $18K behind on taxes on the 233-acre property, the town threatened to sell the place at auction. But at the last second, the back taxes were paid and the auction was cancelled. The owners still hope to turn the facility into some kind of spa retreat.

This isn't the only legendary recording studio that's fallen on hard times. After Beatles producer George Martin built AIR Studios in Monserrat in the Caribbean, it hosted Dire Straits, Pink Floyd, The Police, The Rolling Stones and dozens of others. But after it was ruined by Hurricane Hugo in 1989 (and after more than half of Monserrat was devastated by a volcanic eruption in 1995), it was abandoned and never rebuilt.

Twenty miles outside of Paris, Château d'Herouville — a former workplace of David Bowie, Elton John and Iggy Pop — is apparently still looking for a new owner after two years on the market. For $1.7 million CAD, you get what can be generously described as a "handyman's special."

Olympic Studios in London, The Record Plant in New York and Sound City in Van Nuys are also defunct, despite being the birthplaces of some of the greatest albums of all time. Others (such as Mississauga's Metalworks) continue to operate by doubling as multimedia schools.

Why all the carnage? With record companies slashing budgets, few acts can afford facilities that rent for thousands of dollars a week. This makes it near impossible for owners to maintain the equipment, let alone upgrade it. Meanwhile, technology has progressed to the point where you can make a decent-sounding album on a laptop in your bedroom.

Sadly, there will be more deaths like Le Studios' in music's future.

A recording mic that's been near the lips of John Lennon. Abbey Road Studios is one of remaining legendary recording studios that hasn't fallen on hard times. COURTESY ALAN CROSS

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Ballet breakthrough

AMERICAN BALLET THEATRE

Misty Copeland achieves dream as principal dancer at ABT

Misty Copeland, the Missouri-born ballerina who's become a forceful voice for diversity in ballet and achieved a celebrity that far transcends that rarified world, was named principal dancer at American Ballet Theatre on Tuesday — the first African-American woman to reach that status in the company's 75-year history.

Copeland, 32, fought tears as she spoke about her promotion, which she said was a lifetime dream — but such a difficult one to attain that she never really thought it would happen.

"This is it," she said. "This has been my dream since I was 13, to be a principal dancer and reach these heights."

"But it hasn't been overnight," she added at a hastily arranged news conference — a rarity for a ballet promotion. "It's been 14 years of extremely hard work ... I'm just so extremely honoured to be an African-American and to be in this position."

And, Copeland said, she hoped her ascension to the very top ranks of ballet would inspire other young dancers of colour — "all the little girls" — to stick with their own dreams.

"So many young dancers of colour stop dancing at an early age because they just don't think there will be a career path for them," she said. "I hope that will change." She spoke of her own doubts when she joined the ABT corps at age 19 and saw no one "who looked like me."

"I had moments of doubting myself and wanting to quit, because I didn't know -if there would be a future for an African-American woman at that level," she said. "At the same time, it made me so hungry to push through."

The company announced the promotion six days after Copeland made her New York debut as Odette/Odile in Swan Lake, one of the most important roles in a ballerina's repertoire. The emotional performance ended with Copeland being feted onstage by trailblazing black ballerinas of earlier generations, and with a sea of fans cheering and taking cellphone videos.

Copeland paid tribute on Tuesday.

"It's not me up here," she said. "It's everyone who came before me and got me to this position."

DRAWING A DIVERSE AUDIENCE, TOO

Many who attended Copeland's historic Swan Lake performance last week noted what a diverse audience Copeland had drawn to the Metropolitan Opera House, where ABT performs its spring season. The crowd was filled with young girls — black and white — in their party dresses.

"She single-handedly made that a diverse audience," said Wendy Perron, one-time editor of Dance Magazine.

"So many young dancers of colour stop dancing at an early age ... I hope that will change"

Copeland has become increasingly famous over the past several years, achieving a pop culture status exceedingly rare for a ballet dancer.

"We haven't had a ballet dancer who has broken through to popular culture like this since Mikhail Baryshnikov," said Wendy Perron, an author and the former editor of Dance Magazine. "And she's going to bring more attention from that world to ballet."

THE ASSOCIATED PRESS

Misty Copeland
GETTY IMAGES

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Life on the run for Those Girls

PSYCHOLOGICAL THRILLER

Author returns with her most compelling thriller yet

BOOKWORM
Sue Carter

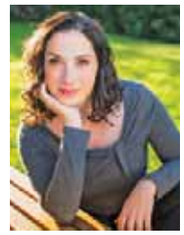
Vancouver author Chevy Stevens has made her name writing disturbing character-driven novels often compared to Gillian Flynn's twisted psychological thrillers. But Stevens' latest, Those Girls, is less Gone Girl than it is S.E. Hinton's beloved 1967 coming-of-age story The Outsiders, in which two young greasers from the wrong side of the tracks run away after accidentally killing another teenager in self-defence.

Published by St. Martin's Press, Those Girls tracks the lives of three sisters, Dani, Courtney and Jess Campbell, on the run after a fight with their abusive, alcoholic father gets out of hand. When their car breaks down in a rough interior B.C. town, the sisters land in a harrowing situation only imaginable in the worst of nightmares. The book's second half, narrated by youngest sister Jess and her teenage daughter Skylar, shifts the story 18 years into the future. Although the women have built new identities and lives, they're still recovering from the trauma, which inevitably leads them right back to the dark, violent town.

While Those Girls has all the touchstones of Stevens' previous four books — a visceral sense of place and strong women protagonists bound mercilessly to their circumstances — the author challenged herself to write about the emotional lives of multiple characters.

"I wanted to write about women trying to recover," Stevens says, "to look at the strength they have, all the feelings and vulnerability."

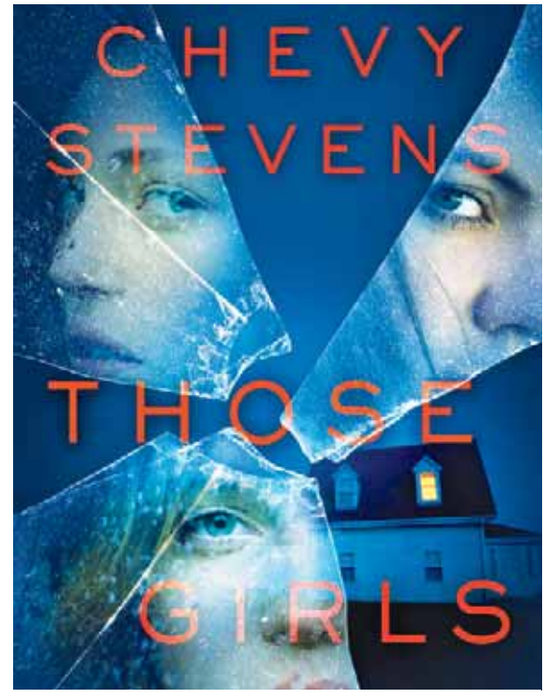
> **I wanted to write about women trying to recover, to look at the strength they have, all the feelings and vulnerability**
> Author Chevy Stevens



A self-confessed romantic at heart, Stevens found the emotional moments between the sisters the most difficult to write. "I had to go deep, deep," she says. As she wrote the book's graphic violent scenes, of which there are many, Stevens says she tried to avoid reading or watching any dark stories. "I imagined terrifying scenarios," she says. "I do need to scare myself."

Stevens' professional writing career began with a frightening story idea that hit close to home. Then a real estate agent in Nanaimo, Stevens (whose real name is Rene Unischewski) became obsessed with a scenario in which a realtor is snatched from an empty house by a psychopath, who imprisons her for a year. Unhappy and ready to make a life change, Stevens saved her money and sold her own property to focus on writing the manuscript, which took several years. The risk clearly paid off: Stevens' first book, 2010's Still Missing, became a New York Times bestseller and sold internationally in more than 30 countries (her books are very popular in Germany). Her second book, Never Knowing, has been optioned for film by Die Hard 2 director Renny Harlin.

Stevens says she created fictional towns for Those Girls, not wanting to set its horrific crimes in real-life locations. "I wanted it to feel like dusty small towns that could be anywhere," Stevens says. "And ultimately, emotional stories should transcend location."



Those Girls tracks the emotional lives of three sisters in a dark and violent B.C. town. CONTRIBUTED

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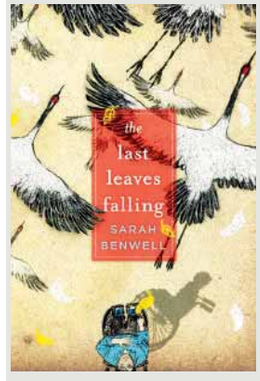

Young adult, mature subject

If you're looking for something to balance out your beach bag full of breezy summer reads, consider Sarah Benwell's new young adult novel, The Last Leaves Falling. Brushing it off as "just for teens" would be a mistake; this is a book with great depth.

The story follows Abe, a Japanese boy with ALS, who is in a wheelchair and doesn't have control of his body. Not only does it give a glimpse into what life is like with a disability, it also opens readers' eyes to Japanese culture.

The heart of the book is the right-to-die debate. Abe has already lost control of his legs. Soon, he will lose control of his hands. And his body will continue to deteriorate. He hates being a burden to his family and has to make an extremely difficult decision about his life, whether he should live or die.

Yes, it's sad, but this is a book that asks important questions and gives readers a greater sense of empathy. Read it with a box of tissues.

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COMING SOON

The season of memoirs

Singer, actress and model Grace Jones and The Pretenders' Chrissie Hynde have both unveiled details this week about their upcoming memoirs.

Jones's memoir, I'll Never Write My Memoirs, will cover her impressive career and turbulent life. A release has been set for Sept. 29. Chrissie Hynde's Reckless: My Life as a Pretender is slated for a Sept. 8 release, and speaks about her childhood, her discovery of punk and the stardom of The Pretenders. AFP

Kim Kardashian braves centre stage

CONTRIBUTED

GUEST APPEARANCE

Kim talks body image, selfies and family at acclaimed club

The big reveal from Kim Kardashian's guest turn for San Francisco's revered Commonwealth Club of California on Tuesday night? She was wearing maternity Spanx under her black designer dress to conceal cellulite, not her pregnant belly.

The reality TV star and fashion mogul was invited by the 112-year-old club that describes itself as the nation's oldest and largest public affairs program to talk about her famous family, the business of millennial culture and the objectification of women in media.

Before her visit, the Commonwealth Club's invitation to Kardashian provoked minor controversy.

Some members and listeners of the club's radio broadcasts said they felt she was not worthy of sharing the same spotlight as such notable past speakers as President Franklin D. Roosevelt and Martin Luther King Jr. The program's Facebook page has lit up in recent days with comments opposing and supporting her selection.

Kardashian did discuss the key topics, and others, during an hour-long appearance before an adoring audience that was mostly young and female.

Judge LaDoris Cordell noted that Kardashian has 94 million social media followers.

"Maybe it's the bikini selfies," the photogenic guest said. "I think I definitely overshare, but I'm really engaged."

The judge also asked if it is realistic for young girls to be successful in a man's world.

Kardashian, who has makeup, hair care, perfume, and clothing lines to her credit along with a bestselling game app, was thoughtful.

"There is this generation of young people — girls — who are beautiful but don't have a strong work ethic," she said. "People sometimes think that with looks things will be easy, but I just encourage people to put in the work."

ON HER FAMILY

During her time on stage, Kardashian said the public had been "more supportive than we ever could have imagined" of Caitlyn Jenner and the rest of her family.

The most meaningful exchange might have come when Cordell, who was the first African-American female judge appointed to the bench in Northern California, wondered how Kardashian and her husband, rapper Kanye West, planned to protect their biracial children from discrimination.

Kardashian shared making the difficult decision not to engage with a fellow airline passenger who screamed profanity and racial comments at her while she was travelling with her daughter.

West "is very vocal about racial issues," she said. "Our communication, I think, will be really helpful for our children."

THE ASSOCIATED PRESS

LEGAL DISPUTE

Katy hits a home nun

Katy Perry is caught in a property dispute between a group of elderly nuns and the Los Angeles Archdiocese over who owns a hilltop convent overlooking Hollywood.

The dispute centres on who is authorized to sell the convent. The Sisters of the Immaculate Heart of Mary say the building is theirs, and they've sold it to a local restaurateur, Dana Hollister, who has already moved in.

In a June 19 lawsuit, the archdiocese claimed it is responsible for selling the property, and plans a $14.5 million deal with another buyer. The defendants in the suit say that buyer is Perry.

Hollister's attorney, Randy Snyder, says the dispute has nothing to do with Perry, but rather is a battle between the diocese and the nuns. THE ASSOCIATED PRESS

HOUSE OF CARDS

Neve's in the House

Neve Campbell is set to join the series House of Cards.

The Scream actress will star alongside existing cast members Kevin Spacey and Robin Wright for Season 4 of the show, Deadline reports.

The exact character to be taken on by Campbell in the White House political drama, produced by Netflix, is not yet known.

The actress is also appearing in the second season of the NBC comedy Welcome To Sweden.

Filming for House of Cards is scheduled to start this summer, with Season 4 airing in 2016. AFP

CUTTING TIES

Trump gets dumped

Rapper Flo Rida has pulled out of his guest appearance at the Miss USA pageant later this month and Macy's has dumped Donald Trump, part of the continued fallout over the GOP hopeful's remarks about Mexican immigrants during his presidential campaign announcement.

The pageant also lost both its co-hosts Tuesday, with Dancing with the Stars Cheryl Burke and MSNBC anchor Thomas Roberts bowing out.

Earlier Wednesday, Macy's became the latest company to end its relationship with Trump. Companies have been cutting ties with Trump left and right after his presidential campaign kickoff speech last week in which he declared that some Mexican immigrants bring drugs and crime to the U.S. and are rapists. THE ASSOCIATED PRESS

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Your essential daily news

Most homeowners would choose an air conditioner over TV in summer heat: Survey

Micro lofts in Prime on the Plaza in Surrey, B.C., will range from 300 to 437 sq. ft., with a starting price of $139,000.
CONTRIBUTED

Small size, big appeal

DEVELOPMENTS

Buyers are snapping up micro condos countrywide

CONDO TRENDS

Duncan McAllister

Micro condos are coming to Canada, providing affordability for first-time buyers. Popular with students, downsizers and investors, this new housing form appeals to the consummate downtowner.

Smaller suites are the norm in places like London, Tokyo and New York, and in Canadian cities, they've proved enormously popular with surprisingly swift sales.

Ranging in size from 250 to 400 sq. ft., they're a perfect size for a pied à terre, and for buyers who want to stake their claim on a piece of the downtown condo market and who are willing to trade private space for public space.

"The main amenity is the city itself," says developer Jon Stovell, president of Reliance Properties. "It's a 300-square-foot condominium with a three-million-square-foot living room."

The company has been actively building its popular micro lofts in Vancouver, Victoria and Surrey, B.C.

In Vancouver, home ownership of even a regular studio or one-bedroom is an impossibility for a lot of people, says Stovell. The micro lofts have proven popular with younger purchasers.

"Millennials totally get this equation," says Stovell. "They're much less status conscious."

Urban Capital got the ball rolling a few years ago, with its Smart House projects. The micro condo trend has definitely been growing and expanding internationally, says partner David Wex.

"We pressed the reset button on condo design. What we're offering at Smart House Ottawa is a way to live affordably and sustainably right in the city's heart."

With micro condos, Wex says the focus is on smart design and space-saving ideas. Everything from storage to appliances is cleverly thought out with an economy of space in mind.

In Edmonton, Vibe condos by the Carrington Group is the city's first foray into smaller suites. "The micro condos are not really here yet," explains project sales manager Riley Lagaden, who initially wasn't sure how they would fly. After launching, he was pleasantly surprised with the response. "Edmonton has been waiting for this."

Need help organizing your small condo? Kyla Rozman is co-owner of Vancouver-based In Order To Succeed Professional Organizing. The company specializes in helping people make efficient use of every square inch of space.

"When in a small space you need to think up, think down or think out," says Rozman, who sees micro condos as a growing trend as more and more retirees are downsizing.

Lotus blooms in Bayview Village

Project overview

Lotus Condominiums is a new boutique building in the prestigious Bayview Village neighbourhood in North York. The midrise tower will feature contemporary architecture and a host of amenities, with spacious, designer-inspired suites.

Building amenities

The condo will feature lifestyle amenities on two levels, including a fitness centre, an outdoor terrace and a lounge with bar. Residents will enjoy access to the party room with a catering kitchen and dining room, 24-hour concierge, and guest suite.

Location and transit

Transit-friendly Lotus will be by the Bayview subway platform, with Sheppard Avenue TTC bus routes outside. Nearby is the Oriole GO rail station and Highway 401.

In the neighbourhood

The building is conveniently located across from the Bayview Village shopping centre. The area offers a wide array of shopping, dining, culture, community centres and family amenities, including the YMCA and Rean Park.

EVERYTHING YOU NEED TO KNOW

What: Lotus Condominiums
Location: Sheppard Avenue East and Kenaston Gardens
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Pricing: From $305,900 to $759,990
Status: Pre-construction
Occupancy: September 2017
Info: 416-222-8338, lotuscondos.ca

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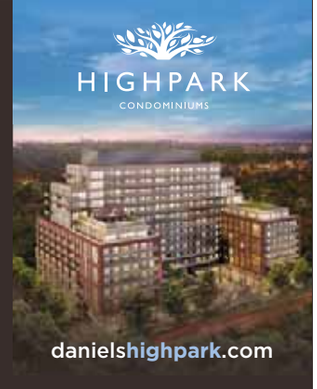

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2 DOWNTOWN

New release: A limited collection of signature penthouses are available at Casa II condominiums near Yonge and Charles Streets, featuring 360-degree, unobstructed views. Visit Cresford's gallery at 170 Merton St.

CONTACT: 416-486-2272, CASA2CONDOMINIUMS.COM

3 DOWNTOWN

Open house: Check out this two-bedroom, two-bathroom condo suite at the historical James Cooper Mansion condos near Sherbourne and Bloor. Head over to 28 Linden St., on Saturday from 1 to 4 p.m.

CONTACT: ROSS BONGELLI, 416-829-0443

Canary District to benefit from Games

Bryan Tuckey

Starting next week, the GTA will be hosting the Pan Am Games. Something to keep in mind during the event is that many of the venues where athletic records will be broken and medals won were built as legacy facilities to be enjoyed long after the Games are over.

One of the most important sites during the Games will be the Athletes' Village, which will be a home away from home for 10,000 athletes, coaches and officials. Located near the waterfront, in the evolving east side of downtown Toronto, it features numerous buildings and amenities. During the Games, it will be a complete community for athletes to live, train and have fun in when not competing.

After the Games, the Village will be part of the Canary District — a community where people will live, work, shop and play.

Developed by BILD member Dundee Kilmer, the Canary District was awarded our Places to Grow High-Rise Community of the Year accolade last year — part of BILD's annual industry awards program recognizing community developments that best exemplify the province's smart growth policy objectives.

In addition to serving as the Athletes' Village during the Games, the Canary District development is transforming a brownfield site into a highly walkable, sustainable, well-designed community that will feature a range of housing and services for people at all stages of life and income levels.

Most of the buildings that will house athletes during the Games were designed and built as the first phase of the Canary District. A second phase of condominiums will complement them in the near future.

During the Games, the village will feature special dining facilities to feed hungry athletes. After the Games, the Canary District will feature lively street–level retail and dining options for everyone to enjoy.

35
Number of acres the Canary District covers in Toronto's downtown east.
CANARYDISTRICT.COM

The Places to Grow Community of the Year is just one of many awards our association presents to recognize excellence in design, construction, sustainability and marketing. Check out this year's winners by visiting bildawards.com.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION (BILD) AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS.

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3 ZOKU Iced Coffee Maker
Turn prepared coffee or tea into a chilled drink instantly without using ice. $30, CallTheKettleBlack.com

4 Growler Goods' Saguaro Dog Tent
Keep Fido (or the kiddies) shaded on the balcony (or inside) the house in hipster style. $178, UrbanOutfitters.com

5 GluckseinHome's Tofino Adjustable Sunshade
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6 VW Children's Pop-Up Play Tent
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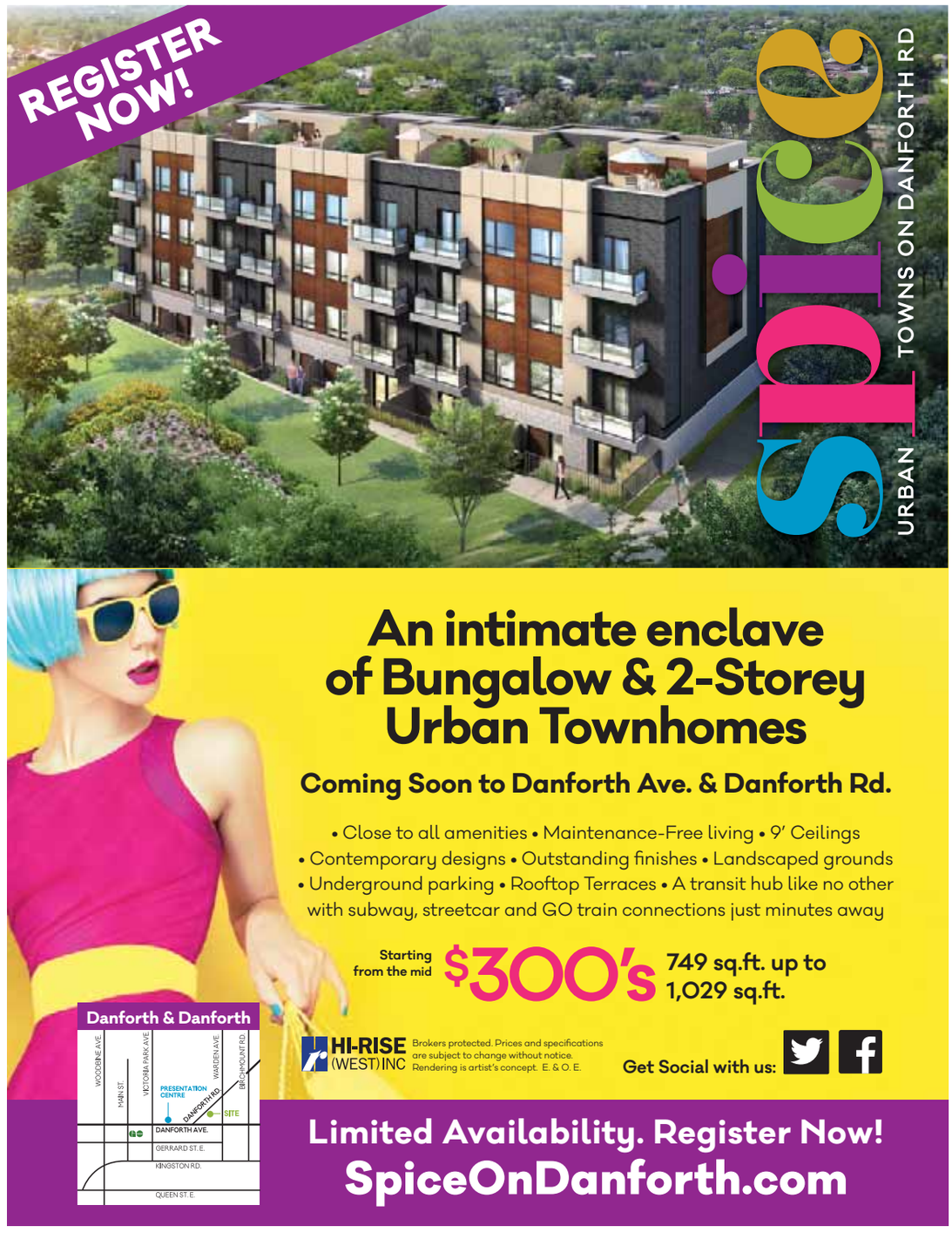
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metro SPORTS

FIFA senior VP Issa Hayatou will present the Women's World Cup with Sepp Blatter staying away

Maple Leafs send Kessel packing to Pittsburgh

NHL

Toronto begins dismantling core by trading sniper to Pens

With Phil Kessel finally departed, it may only now be sinking in just how far away the Maple Leafs are from being contenders.

The Leafs traded Kessel to a Pittsburgh Penguins team that believes it is closer to the Stanley Cup with the enigmatic scorer than without.

Meanwhile, the Leafs have added a first-round pick in 2016 — they now have 12 picks next June — and a growing core of young players that might make the Marlies more interesting than the big club this coming season.

Defenceman Scott Harrington played 10 games in the NHL last season and likely supplants Petter Granberg and Stuart Percy atop the defensive depth chart. All three are age 22.

And 18-year-old Finn Kasperi Kapanen is just a hair behind William Nylander, 19, and a tad in front of Mitch Marner, 18; Connor Brown, 21; and Brendon Leipsic, 21, on the forward depth charts.

"This is really about a recognition on our part that the group we assembled here wasn't good enough," said Leafs president Brendan Shanahan. "We are here to build a team that is capable of winning a Stanley Cup. There are no shortcuts.

"We've created a lot of cap space to give us flexibility going forward. It's our job to turn picks into prospects and prospects into productive Leafs. That will take time."

Kessel was almost gleefully paraded out of town by his detractors, with Shanahan calling him the most talented player in a group that just wasn't going to get better, so it was time to move on.

Kessel was greeted in Pittsburgh as a talented scorer, along the lines of Alex Ovechkin, the kind of player Sidney Crosby has lacked as a teammate. Kessel can slide in behind Crosby, score some goals on the wing and probably help the Penguins make the playoffs regularly while comfortably standing quietly to the side and out of the spotlight.

"He was always the guy that was blamed when things weren't going well. He doesn't have to be the guy here. We have a bunch of them," said Penguins GM Jim Rutherford.

The Penguins certainly got the better player. The best the Leafs can hope for is to continue to lay the foundation for a better future.

"This will be certainly a shock to a lot of players and a message to our group," said Shanahan. "With Mike Babcock getting hired, and what he will bring to that group every day, we're going to see what kind of people can either keep up or be left behind."

Leadership of the Leafs will shortly belong to Morgan Rielly, James van Riemsdyk and Nazem Kadri for now while the other top prospects percolate for a season or two.

The message to the remaining core players — captain Dion Phaneuf, centre Tyler Bozak, winger Joffrey Lupul — shape up or ship out.

"They should be ready to come into training camp ready to go and help our team be the best that we can. Babcock has hammered that message home with them repeatedly," said Dubas.

"We're going to have huge expectations on their conditioning and their fitness when they come into camp."

TORSTAR NEWS SERVICE

Phil Kessel had 25 goals and 36 assists but was a minus-34 for the Maple Leafs during a lacklustre 2014-15 season. BRUCE BENNETT/GETTY IMAGES

15%

The Leafs retain 15 per cent of Phil Kessel's US$8 million salary cap hit ($1.2 million) for the next seven years but cleared crucial cap space for the continuing rebuild.

NBA

Burly swingman Carroll to add umph to Raps' defence

Shortly after the Raptors' season had ended so disappointingly when coach Dwane Casey was asked what kind of players he'd like added to the roster in the coming months.

"Anyone who can defend."

With those words ringing in his ears, president and general manager Masai Ujiri made a swift and decisive move in the early hours of free agency, getting former Atlanta Hawks forward DeMarre Carroll to agree to a contract that instantly improves Toronto's perimeter defence.

The contract is reported at four years and $60 million US.

Carroll, 28, was a key member of the 60-win Hawks team last season, primarily because his toughness and defence. He averaged 12.6 points per game in the regular season and more than 17 per game in the playoffs.

Popular power forward Amir Johnson has reportedly agreed to a two-year, $24 million deal in his expected departure from the Raptors.

TORSTAR NEWS SERVICE

DeMarre Carroll GETTY IMAGES

MLB

Jays' offence erupts to Smoak Red Sox

Justin Smoak hit two home runs and the Toronto Blue Jays' offence exploded in a 11-2 victory over the Boston Red Sox on Wednesday.

Edwin Encarnacion, Jose Bautista and Josh Donaldson also hit home runs for Toronto (42-38), ending a small two-game skid. Jose Reyes had four hits and three runs batting leadoff for the Blue Jays.

Mark Buehrle (9-4) pitched seven innings, giving up one run on four hits. THE CANADIAN PRESS

The Jays' Josh Donaldson returns to the dugout after his two-run homer Wednesday. GETTY IMAGES

WIMBLEDON

Raonic scorches with serve

Milos Raonic rode his serve to the third round of Wimbledon on Wednesday, firing 29 aces to hold off veteran Tommy Haas 6-0, 6-2, 6-7 (5), 7-6 (4).

The No. 7 seed from Thornhill, hit the third-fastest serve in tournament history at 233 km/h.

THE CANADIAN PRESS

Milos Raonic GETTY IMAGES

WOMEN'S WORLD CUP

England doomed by own goal vs. Japan

Laura Bassett's own goal in the 92nd minute proved to be the heartbreaker as Japan punched it's ticket through to the Women's World Cup final with a dramatic 2-1 victory over England on Wednesday.

Fourth-ranked Japan, the defending champion from the 2011 World Cup in Germany and silver medallists at the 2012 London Olympics, will meet the United States in the gold medal match on Sunday in Vancouver.

It was actually the first time that Japan has defeated England in a major international tourney, losing 2-0 to England in the group stage at the 2011 Women's World Cup, Japan's last loss in the tournament.

The game appeared to be headed to extra time, but a long Japanese cross in the 92nd minute hit Bassett's foot and deflected off the crossbar and in, although it took the new goal-line technology to declare it a goal and give Japan the victory.

THE CANADIAN PRESS

Laura Bassett, left, of England is comforted by Jo Potte after Wednesday's loss to Japan. KEVIN C. COX/GETTY IMAGES

PAN AM GAMES

Burlington paddler named flag-bearer

When veteran paddler Mark Oldershaw carries Canada's flag into the opening ceremonies of the Pan American Games, he'll be thinking about his grandfather.

The 32-year-old from Burlington was named the team's flag-bearer during Wednesday's Canada Day celebration on Parliament Hill.

Oldershaw is a third-generation paddler, carrying on the legacy of familial sporting success that began the better part of a century ago with his grandfather Bert, a three-time Olympian.

"My grandfather passed away before I even went to the Olympics, so he didn't get to experience that, but he would've been so stoked with this," Oldershaw said from Ottawa. "He would have obviously been proud with everything that I've done. But yeah, he would've been really stoked."

Oldershaw was a bronze medallist in the men's singles 1,000-metre canoe event at the 2012 London Olympics. The medal came four years after Olympic heartbreak in Beijing, where he missed making the C-1 500-metre final.

The Toronto Games will be Oldershaw's Pan Am debut. In previous years, either the timing wasn't great, or Canada sent a developmental team. But because it's a home Games, Canada is fielding its largest and strongest Pan Am Games squad in virtually every sport for the July 10-26 event. THE CANADIAN PRESS

Mark Oldershaw
GETTY IMAGES FILE

Target on Atomic Ant grows with stardom

TORONTO FC

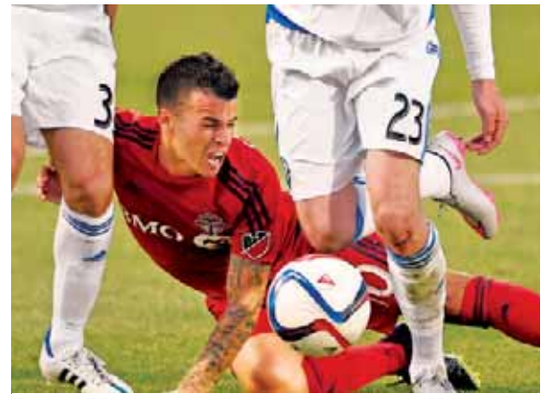
Spotlight on Giovinco with players away for Gold Cup

Toronto FC could be without five starters for Saturday's game in Los Angeles against the Galaxy, and that means more attention on Italian star Sebastian Giovinco.

The five-foot-four 135-pounder has had a target on his back all season and it's growing bigger by the week as his influence over Toronto grows.

No stranger to being the smallest — and one of the best — players on the field, Giovinco is used to being roughed up. And with eight goals and seven assists in 15 games, he has emerged as a leading MVP candidate in his first year in MLS.

But some worry whether the hack-a-Seba strategy is going to spread.



Toronto FC's Sebastian Giovinco falls between Montreal Impact players on June 24 at BMO Field.
FRANK GUNN/THE CANADIAN PRESS

"How do you slow a guy like that down?" said Toronto defender Eriq Zavaleta. "You have to kick him.

"I think that refs are more aware of it now … (but) he knows he's going to go into games and get kicked. Lionel Messi knows he's going to go into games and get kicked. That's what happens when you've got that much attention but good players find a way to get around it and he's clearly done that so far."

"He's got scratches all over him. He's been kicked a number of times.
TFC coach Greg Vanney on Sebastian Giovinco

Giovinco has been at the receiving end of 42 fouls so far the season, third in the league behind Portland's Darlington Nagbe (52 in 18 games) and San Jose's Matias Perez Garcia (44 in 15 games).

Toronto (7-6-2) will be shorthanded against Los Angeles (7-6-7) with designated players Michael Bradley and Jozy Altidore and Canadians Ashtone Morgan and Jonathan Osorio on international duty at the Gold Cup. French midfielder Benoit Cheyrou is nursing a calf injury but could be available.
THE CANADIAN PRESS

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RECIPE Chicken, Mango and Rice Noodle Stir-fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves four.

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 8 oz boneless chicken breast
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 Tbsp minced ginger
- 1 Tbsp hot red chili curry paste
- 2 tsp chopped garlic
- 1 cup sliced red bell pepper
- 3 Tbsp sweet chili sauce (Heinz or Asian flavoured)
- 2 Tbsp low sodium soy sauce
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 4 oz rice noodles (medium width)
- 1 cup thinly sliced mango
- 3 Tbsp chopped basil or cilantro

Directions

1. In a grill or sauté pan sprayed with vegetable oil, cook chicken just until temperature reaches 165 F or cooked through, about eight minutes. Let cool slightly, then slice into medallions.

2. Meanwhile, in a large skillet, add vegetable oil, onion, ginger, curry paste and garlic. Stir fry just until onions soften, then add bell peppers and sauté for two minutes.

3. For sauce, mix chili sauce, soy sauce, lemon juice and sesame oil.

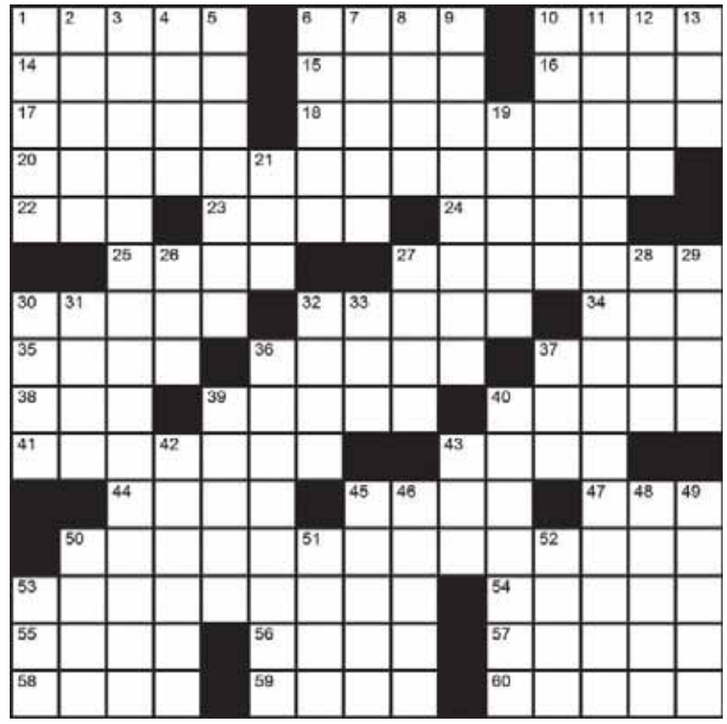
4. Cook rice noodles while vegetables are cooking, just until tender. Drain noodles and place on serving platter. Add cooked vegetables and sauce, mix well. Garnish with chicken, mango, basil.

Nutrition per serving
- Calories 242
- Sodium 597 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. County fair attractions
6. Plucked orchestra instrument
10. Song in '65's "The Sound of Music": "Climb __ Mountain"
14. "__ __ economy is always beauty." - Henry James
15. Nobelist Mr. Wiesel
16. "Well, well, wells."
17. Love conquers all = __ vincit amor
18. Moveable pieces sofa
20. French explorer sharing the name of a Montreal bridge: 2 wds.
22. "Gimme __ '_'!" (Edmonton cheer-starter)
23. Modernists
24. Brewer's kiln
25. Foe in Fido's fur
27. _-__ record, as in sports
30. Latte's bubbles
32. Where Joni Mitchell felt like a 'free man'
34. "__ Wiedersehen!"
35. River islets
36. Seasoned yogurt dip of India
37. "Meet Me __ __. Louis" (1944)
38. Homer's exclamation!
39. Like, in Laval
40. Some students, shortly
41. 1970s singer Cat
43. It's not salmon, it's this
44. "The __" (Reality show Anderson Cooper hosted)
45. Scottish family
47. Roadside mil. hazard
50. Casey and Finnegan puppeteer who is a Member of the Order of Canada: 2 wds.
53. __ Berries (Canadian fruits)
54. Alongside: 2 wds.
55. "What __ _ _ mind reader?"
56. "Anything __?"
57. Film part
58. Canadian convenience store chain
59. Notices
60. "The Jetsons" son

DOWN
1. Wine of Spain
2. Jude Law's "Cold Mountain" (2003) role
3. Sly & The Family Stone hit: 4 wds.
4. Mr. La Salle of "ER"
5. Steadfast
6. "__ __ Fine" by The Chiffons
7. Sir Guinness'
8. Costa's companion
9. 'Canada's Victorian Oil Town' in Ontario
10. Someone self-centred
11. Titian (b.circa1490 - d.1576), for one: 2 wds.
12. Bring up
13. Opium perfume monogram
19. Tilted lettering [abbr.]
21. "Yikes!"
26. "__ magic!"
27. Mr. Johnson
28. Overcooked meal
29. Tiny amphibians
30. Trends
31. Carouse
32. Ms. Dawber's
33. Aspiration
36. "Be My Baby" by The __
37. 'Opt' suffix
39. Salsa singer Ms. Cruz
40. Canadian brand of tofu
42. Smirnoff drinks
43. Spotted, to Tweety Bird
45. Shut
46. City paths
48. It's short for 'low budget'
49. Cartoon duck
50. "She's a Bad Mama __" by Carl Carlton
51. Courtney Love band
52. Envelope insertion [abbr.]
53. Director Mr. Mendes

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be forced to choose between two tempting possibilities today. If it's a choice between moving up in the world and making a positive difference, make a difference.

Taurus April 21 - May 21
Do you stick with what you know or try something new? The planets suggest you will have more fun if you take a chance.

Gemini May 22 - June 21
Try not to make any rash decisions about money matters today because the full moon warns you are likely to regret it. No matter how confident and enthusiastic you may be, you won't be thinking clearly enough to make a rational decision.

Cancer June 22 - July 23
It may feel as if you are being held back from fulfilling your potential but don't worry. While the moon is full you should take your time and wait to see how things develop.

Leo July 24 - Aug. 23
Today's full moon warns in no uncertain terms that you must take care of your health. If you take on too much over the next few days you are sure to regret it. Be kind to yourself.

Virgo Aug. 24 - Sept. 23
You may be more emotional than usual today but there is no need to worry. Sometimes things build up to such an extent that they must be let out and the full moon makes this one such occasion.

Libra Sept. 24 - Oct. 23
There may be chaos in every direction today but if you stay calm there is not much it can do to harm you personally. Loved ones will be rather touchy though, so you might like to stay out of their way.

Scorpio Oct. 24 - Nov. 22
You would benefit from getting out more. Short trips are lucky for you now, although they won't be without their ups and downs. The important thing is that you are visible. Remind the world you still exist.

Sagittarius Nov. 23 - Dec. 21
Today you will be critical both of yourself and others. Don't worry about it — you're allowed to be less than superhuman once in a while.

Capricorn Dec. 22 - Jan. 20
No matter how self-controlled you are today's full moon in your sign will heighten your emotions. If you do lose your temper don't be too hard on yourself.

Aquarius Jan. 21 - Feb. 19
No matter how busy you are, you must return a favour of some kind today. Someone was good enough to help you out, now you must do what you can for them.

Pisces
Feb. 20 - March 20
The full moon warns this is not the right time to make waves. You may have strong opinions about what's going on around you but there is no point making enemies.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2012 Sienna LE
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